

Utah Community Resources

HIV/AIDS Information & Referral

HIV Hotline Toll free: 1-800-537-1046

Utah AIDS Foundation Toll free: 1-800-366-2437

Immunizations

Hotline Toll free: 1-800-275-0659

Information

Information and Referral Center **Dial 211**
or 1-888-826-9790

For details about additional resources in your area on topics such as abuse, adolescents, grief/loss of loved one, divorce, health, parenting and substance abuse.

Legal Information/Consultation

Disability Law Center (801) 363-1347
Legal aid for persons with disabilities.

Legal Aid Society (801) 328-8849
Family Law. Fee based on ability to pay.

Utah Legal Services (801) 328-8891
Legal counsel and referral.

Mental Health

Utah Department of Human Services (801) 538-3939
Mental health information and referral.

Mental Health Association in Utah (801) 596-3705

National Association of Mental Illness (801) 323-9900

Valley Mental Health (801) 261-1442
24 hour crisis line

Poison Control
Statewide toll free 1-800-222-1222

Pregnancy Information

Baby Your Baby Hotline Toll free: 1-800-826-9662
See Baby Your Baby on front page of brochure.

Catholic Community Services (801) 977-9119
Adoption and pregnancy counseling, immigration and refugee resettlement and other family services.

Pregnancy Information (continued)

Children's Service Society
(801) 355-7444 Toll free: 1-800-839-7444
Pregnancy counseling, parenting advocacy, infant and special needs adoption; child care resource, referral, and provider training. Fee based on ability to pay.

LDS Family Services Toll free: 1-800-537-2229
Free pregnancy counseling, adoption services, and foster care for mothers & families of all religions.

Pregnancy Risk Line Toll free: 1-800-822-2229
Provides accurate and current information about the effects of environmental exposures, including medications and herbs, on pregnancy and breastfeeding.

Prenatal Care

The following sites provide low cost or sliding scale prenatal care

Salt Lake Valley Health Dept.
3195 S Main St Salt Lake City UT (801) 483-5451
4535 S 5600 W Salt Lake City UT (801) 963-7335

Oquirrh View Community Health Center
4745 S 3200 W Salt Lake City UT (801) 964-6214

Copperview Community Health Center
8446 S Harrison St. Suite 2 (801) 566-5494
Midvale UT

Teen Mother and Child Program (801) 581-3729
30N 1900E RM 1B398 Salt Lake City UT

Northwest Community Health Center
1365 W 1000 N Salt Lake City UT (801) 328-5761

Central City Community Health Center
461 S 400 E Salt Lake City UT (801) 539-8617

Mountainlands Community Health Center
215 W 100 N Provo UT (801) 374-9660

Midtown Community Health Center (801) 393-5355
670 28th St. Suite 8 Ogden UT

Weber/Morgan Health Dept (801) 399-8433
477 23rd St Ogden UT

Montezuma Creek Clinic (435) 651-3291
East Highway 262 Montezuma Creek UT

Prenatal Care (continued)

Centros de Buena Salud (435) 723-8276
14 N 100 E Suite 200 Brigham City UT

Wayne County Medical Center (435) 425-3744
128 S 300 S Bicknell UT

Carbon Medical Services Assoc. (435) 888-4411
305 Center St. East Carbon UT

Enterprise Valley Medical Center (435) 878-2281
223 S 200 E Enterprise UT

Southwest Utah Community Center (435) 986-2565
168 N 100 E St. George UT

Doctor's Free Clinic (435) 656-0022
1036 E Riverside Dr St. George UT

Brigham City Clinic (435) 723-8276
14 N 100 E Ste 200 Brigham City UT

Cedar City Clinic (435) 865-8520
1303 N Main St Cedar City UT

New Beginnings Clinic (801) 964-3406
4052 W 3390 S Ste 205 West Valley City UT

Westview Family Clinic (801) 963-1880
3451 S 5600 W West Valley City UT

Seraphene Clinic
6216 S Redwood Rd Ste 700 SLC UT (801) 963-6966
560 S St Ste B1 Orem UT (801) 434-8000

People's Health Clinic (435) 615-7822
1200 Iron Horse Dr Ste C Park City UT

Rape/Sexual Assault

Hotline Toll free: 1-888-421-1100

Smoking Cessation/Quit Programs & Info

American Cancer Society Toll free: 1-800-227-2345

American Lung Association 1-800-586-4872

Utah Department of Health Tobacco Program
Toll free: 1-888-567-8788

For more information about programs in your area to help you or a loved one quit smoking, call your Local Health Department. *See listings on the back of this resource guide.*

Sexually-Transmitted Diseases/Infections

National CDC Hotline Toll free: 1-800-227-8922
Planned Parenthood Toll free: 1-800-230-7526
Utah Department of Health STD Control Program
Toll Free: 1-800-537-1046

Substance Abuse Counseling & Referral

Utah Alcoholism Foundation
Toll free: 1-800-258-4042

Utah Department of Human Services/Division of Substance Abuse Toll free: 1-800-825-1992
Find out about substance abuse programs in your area.

Project Reality 801-364-8080

Support Groups

Asian Association (801) 467-6060
Provides services such as tutoring, language classes, translation, cultural activities and family counseling to Asian Americans and Pacific Islanders.

Centro de la Familia de Utah (801) 521-4473
Assistance for people of Latino descent. Parenting classes for new or soon-to-be mothers and fathers.

Indian Walk-In Center (801) 486-4877
Assistance for Native Americans.

International Rescue Committee (801) 328-1091
Refugee assistance.

National Association for the Advancement of Colored People (N.A.A.C.P.) (801) 250-5088

Pacific Resource Center (801) 957-1843
Resources and assistance for Pacific Islanders.

Teen Parenting

Teen Mother and Child Program (801) 581-3729
30N 1900E RM 1B398 Salt Lake City UT

Created by:
Utah Department of Health
Reproductive Health Program
288 N. 1460 W./P.O. Box 142001
Salt Lake City, Utah 84114-2001
(801) 538-9970
www.health.utah.gov/rhp
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Emergencies **911**
(24-hour life-threatening)

Baby Your Baby

Hotline Toll free: 1-800-826-9662
A resource to answer your questions and locate the services you and your family may need before, during and after pregnancy. If you don't find what you need on this list, call Monday - Friday, 8 a.m. - 5 p.m.; leave a message after hours.

Baby Watch/Early Intervention

Hotline Toll free: 1-800-961-4226
Utah's network of services for children birth to three years of age with developmental delay or disabilities.

Birth Control and Family Planning

Planned Parenthood Facts of Life Line
Toll free: 1-800-344-4134 (801) 364-CALL
Confidential prerecorded messages about family planning, sexuality and reproductive health.

For more information about family planning services in your area, call your Local Health Department. See *listings on the back of this resource guide*.

Birth and Death Certificates

Info Line (801) 538-6105

Breastfeeding

Intermountain Breastfeeding services at Primary Children's Medical Center (801) 588-3893

La Leche League 1-800-LA-LECHE

Child Abuse/Neglect

Hotline (24 hours/day) Toll free: 1-800-678-9399

Child Care

Mountain Region Child Care Resource and Referral
Toll free: 1-800-952-8220

Office of Child Care/Workforce Services
Toll free: 1-800-622-7390

Disability Information

Access Utah Toll free: 1-800-333-UTAH
Info, referrals and services for people with disabilities.

Domestic Abuse/Violence Information

Referrals for shelters, counseling, etc.
Toll free: 1-800-897-LINK

Family Assistance

Food and clothing for baby, mother or other family members, call the Baby Your Baby Hotline for a referral to a location in your area. Toll free: 1-800-826-9662

Food Stamps/Workforce Services (801) 468-0000
Call for office nearest you or look in the white or blue pages of your Utah local phonebook under *State Government, Workforce Services*.

Women, Infants, and Children (WIC) 1-877-WIC-KIDS
A supplemental nutrition program for eligible women, infants and children. (Toll free)

Financial Counseling

AAA Fair Credit Foundation 1-800-351-4195

American Credit Foundation 1-800-259-0601

Consumer Credit Advocates (801) 265-9333

Grieving Parent Support Services

Caring Connections (801) 585-9522
Support groups and educational materials for people experiencing a loss of a loved one.

Compassionate Friends (801) 265-3623
Support group for parents or caregivers who have lost a child to death. www.tcfslcut.com

Share Parents of Utah (801) 272-5355
A support group for families experiencing a pregnancy loss or infant death.

Sudden Infant Death Program-Utah Dept. of Health
Referral, professional and public info (801) 538-9459
Statewide toll free Toll free: 1-800-826-9662

Health Information

National Women's Health InfoCenter
www.4woman.gov Toll free: 1-800-994-WOMAN

Utah Health Line Toll free: 1-800-472-4716
Find out about where you can obtain health care (immunizations, flu shots, prenatal and well-baby care, etc.)

Health Insurance

Children's Health Insurance Program (CHIP)
Affordable health insurance for working families that earn too much for Medicaid and have children under 19. Toll free: 1-888-222-2542

Medicaid Eligibility Toll free: 1-800-662-9651

Primary Care Network Toll free: 1-888-222-2542
An insurance program for adult residents of Utah aged 19 - 64 who have not had health coverage for six months and do not qualify for Medicaid.

Unemployment Insurance Program
Toll free: 1-888-848-0688

Local Health Departments

Bear River Health Dept. (435) 792-6500
Logan, UT 84341

Central Utah Public Health Dept. (435) 896-5452
Richfield, UT 84701

Davis County Health Dept. (801) 451-3340
Farmington, UT 84025

Salt Lake Valley Health Dept. (801) 468-2700
Salt Lake City, UT 84190

Southeastern Utah Dist. Health Dept. (435) 637-3671
Price, UT 84501

Southwest Utah Public Health Dept. (435) 673-3528
St. George, UT 84770

Summit County Public Health Dept. (435) 336-3222
Coalville, UT 84017

Tooele County Health Dept. (435) 843-2300
Tooele, UT 84074

Tricounty Health Dept. (435) 781-5475
Vernal, UT 84078

Utah County Health Dept. (801) 851-7024
Provo, UT 84601

Wasatch City/County Health Dept. (435) 654-2700
Heber City, UT 84032

Weber-Morgan Health Dept. (801) 778-6100
Ogden, UT 84401

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**For You and Your Family
During and After
Pregnancy**